Topsfield Council on Aging

Senior Scoop July 2015

Mission Statement: To design, implement and promote programs and services to support the independence, health and well-being of Topsfield residents, age 60 and over.

Happy Summer Everyone. I hope you are going to come to our cookouts this summer and enjoy the fresh air and the tasty foods. We will be serving salad with all of our cookouts and a veggie burger is available on request.

We do ask that you call and make a reservation so we have enough food for everyone.

Be Well-Jodi

Board of Directors

Penny Rogers-Chair
William Quinn-Vice
Chair
Charlotte O'Toole-Clerk
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Chris Cotti– Co Pres Gracia Clemson-Co Pres Marie Coyle-VP Kathy Faust-Secretary Chris Roman-Treasurer Merelyn Adams Mary Margaret Keaney

Senior Scoop

JULY EVENTS

RSVP'S ARE NEEDED CALL 978-887-6866

Tuesday, June 30th

Cookout on the

Commons

11:30

Surprise Menu

Free

Tuesday, July 21st,

Cookout on the Commons

11:30

Hamburgers and Hotdogs

\$5.00

Tuesday, July 7th

Warren's Seafood

Kittery, Maine

Leave Topsfield at 11:00

Tuesday, July 14th

Clam Box

Ipswich, MA

Leave at 11:00 A.M.

Tuesday, January 28th

The Paper House

Rockport, Ma

Take a tour of **The Paper**

House which is a house that

is made of all paper.

Lunch at Seaport Grille

\$2.00 plus lunch

Leave Topsfield at 10:00

Ongoing Events

Scrabble

Mondays 9:30 Little Brook Village

Zumba

Thursday, 10:00 A.M.

Trinity Church

\$3.00

Notary Service (Free)

Monday-Thursday 10:00 A.M. -2:00 P.M.

Heavy Duty Shredder (Free)

10-2:00 Monday -Thursday 10:00-11:30 Friday Council on Aging Office

Yoga

Friday
9:30 A.M., LBV
.Free To Topsfield Residents
\$3.00 FOR out of towners

Knitting/Crocheting Group (Free)

Wednesdays 2:00P.M.-4:00 P.M.-LBV Bring your own supplies.

Senior Center Without Walls(FREE)

Monday and Thursday Bingo 1:00

Tuesday Trivia 1:00

Call the office to sign up

Mini Pedicures

1st Wednesday of the Month \$15.00

Call Heidi: (978) 352-9772

Bill Duke Watercolor Class-CH

\$20.00 9-noon Monday, July 20th

VNA Keep Well Clinic

1st and 4th Thursday-WM 2nd and 3rd Thursday-LBV 9:00-11:00 A.M.

Topsfield COA Newsletter

Transportation

Have you taken advantage of THE RIDE? It is available transportation 7 days a week 24 hours a day. It has very reasonable rates and is for both the elderly and the disabled. Call (617) 337-2727 to set up an interview. The RIDE will pick you up for the interview and drive you back home.

Your interview may include:

- your evaluation of your abilities
- verification of your disability
- assessment of your physical and cognitive ability to ride public transportation.

Balance, strength, coordination, range of motion, or general orientation may be assessed. For eligibility, contact:

THE RIDE Eligibility Center 617-337-2727

Alzheimer's Caregiver Support Group

Thursday, July 23rd Topsfield Library 10:00 A.M.

Spectrum Adult Day Health and The COA have joined forces to provide a support group for people with Alzheimer's Disease and other related dementias.

The group will meet once a month depending on availability. Spectrum will run the caregiver group and there will be people there offering free respite care, if needed.

It will be held at the library in Topsfield. For questions, please call the office.

RSVP to the COA at (978)887-1523

Top Cupboard Food Pantry

Open the 2nd and 4th Saturday of the month.

8:00 A.M.-10:00 A.M.

We have a variety of foods, toiletries, and paper goods. Also, everyone gets \$15.00 gift card to Market Basket.

JULY

Sun	Mon	Tue	Wed
WM=Washin gton Mead- ows-92 Washington	CH- clubhouse At the Fairgrounds LBV =Little Brook Village 69 Washing-	30. 11:30 Cookout	1. 9:30 Food Shop 2:00 Knitting-Ll
<i>5</i> .	6 1:00 Phone Bingo	7. 11:00 Warren's Sea- food, Kittery 1:00 Trivia	8. 9:30 Food Shop 2:00 Knitting-Ll
12.	13.9:00 Bill Duke-CH9:30 Scrabble1:00 Phone Bingo	14. 11:00 Clam Box 1:00 Trivia	15. 9:30 Food Shop 2:00 Knitting-Ll
19.	20. 9:00 Scrabble 10:00 Triad-Lib 1:00 Phone Bingo	21. 11:30 Cookout on the Commons 1:00 Trivia	22. 9:30 Food Shopped: 2:00 Knitting-Ll
26.	27.9:30 Scrabble	28. 10:00 Paper House	29. 9:30 Food Shopper 2:00 Knitting-Ll

Topsfield COA Newsletter

KEEP WELL HEALTH CLINICS

The VNA Care Network provides free health clinics to Topsfield residents age 60 and over. Experienced VNA Care Network community health nurses provide clinic services including health assessments; blood pressure screening; blood glucose testing; weight, pulse, heart and lung monitoring; lifestyle counseling; teaching (medication, diet, disease management, preventive health, etc.); vitamin B-12 injections, and referrals to community resources. Appointments may be made by calling Maureen Sendrowski, RN, BSN, MPH, VNA Care Network at 1-978-777- 6100 ext. 5603. Call Maureen for more information.

See Calendar for location and times.

Family History Workshops Library

This workshop will be to help people organize their family history and, if they wish, create some kind of book or scrapbook.

If you are interested please call the library.